



THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

UPCOMING EVENTS

Attending an FAA planned event provides wonderful fellowship and workshops with fun and laughter, listening to speakers and enjoying eating meals with recovering food addicts. These fund raisers help us carry the message and support the expenses of the World Service Office. Below is a list of events currently scheduled in 2013:

“Serenity by the Sea”

Harvey Cedars, Long Beach Island, NJ
May 3 - May 5, 2013

Hosted by the New Jersey FAA Intergroup
Phyllis (732) 244-4324 or 31peckel@comcast.net

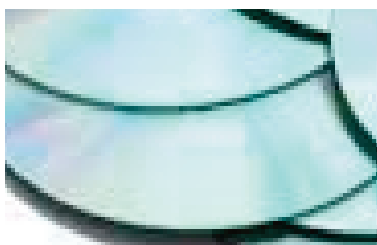
21st Annual 2013 FAA World Convention “Together in Recovery”

St Pete Beach, FL (Tampa Bay)
September 27 - September 29, 2013
Patty (561) 967-3871
brightsidefinancial@mail.com

“Don’t Quit, No Matter What Cruise”

Long Beach, CA to Hawaii
October 19 - November 3, 2013
Hosted by the Cyberspace FAA Intergroup
Joe D. (610) 739-3557

Visit the Events page for more information
www.foodaddictsanonymous.org



ON SALE NOW
2012
World Convention
CD Sets
For Only \$33 plus sh
While Supplies Last

World Service Office

**529 NW Prima Vista Blvd., Suite #301A
Port St Lucie, FL 34983**

Ph:(772) 878-9657 Fax:(772) 878-9658

Skype:faacanhel
Email:faawso@bellsouth.net
Monday through Friday
9am till 5pm Eastern Standard Time

**For assistance, please contact Patty
at the World Service Office.**

Be in the News!

Want your anniversary,
article or event included
in the June 2013 issue of
The Abstinent Times?
Submit information to:
faawso@bellsouth.net

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Marathon Phone Meetings

Are you finding the holidays to be a problem? Are you surrounded by food and maybe even some people who are irksome? Holidays can bring up strong feelings as well as strong cravings. What's a Food Addict to do?

Why not take advantage of another FAA tool-the marathon phone meetings hosted by Cyberspace Intergroup. For many years this has been available not only to those who might be struggling but also for those who just wish to stay in touch or for those who want to do service.

The marathon offers hourly meetings. If you have never attended a phone meeting, it is a great back up while you are waiting for your own face-to-face meeting. This is a wonderful way to hear a message of recovery or share what has worked for you. During the marathons meetings run every hour. There is no charge other than the cost of your own long distance call. The following is a list of the dates and times (EST) for the upcoming 2013 marathons:

Memorial Day
May 27, 2013
7 am - 11 pm

Fourth of July
July 4, 2013
7 am - 11:30 pm

Labor Day
September 2, 2013
7 am - 11 pm

For these marathons to be successful, we ask that all members help spread the word. We need members with at least one month of abstinence to volunteer as leaders.

To volunteer contact Paula at (518) 221-7757

Tips on things to do for Spring Holidays without using sugar, flour or wheat...

- Go on a picnic
- Take a walk or a bike ride
- Make an outreach call to a newcomer
- Make colorful salads with spring colors
- Collect flowers and make them into a basket
- Put your abstinent meals on pastel colored plates
- Experience the comfort and love of family & friends



NEW MEETINGS

The website carries all the current meeting information. This quarter we are happy to report these new meetings.

St. Paul's Lutheran Church
Bellville, OH
Monday 6:00 pm

Christ Liberty Restoration
Aurora, CO
Tuesday 6:00 pm

Lodge at the Woods
Little River, CA
Thursday 6:30 pm

Loyola Marymount University
Los Angeles, CA
Thursday 8:00 pm

First United Methodist Church
Burlington, VT
Friday 12:00 pm

Want to start a new meeting?
Contact the World Service Office today!

What's Going on in Your Area

Send us news of what is going on in your area. What have you been doing to help others recovery? What have you or your group done to carry the message? Have you raised extra funds for the FAA WSO of the 2013 Convention? Please share with us. This is your newsletter.

New York / New Jersey 2nd Annual Gratitude Dinner

The NY-NJ Intergroup is proud to announce that our 2nd Annual Gratitude Dinner was a tremendous success, heightening our bonding through fellowship, spirituality and also financially. Our theme was "Abstinence in the Real World."

The topics covered by our panel of 4 members were: Abstinence while traveling in the States as well as abroad; Abstinence at the work place and at holidays; Abstinence eating out, suggestions for a "vegetarian day" as suggested by our food plan; Abstinence with friends, family and in retirement. A question and sharing time followed.

Thirty attendees enjoyed an abstinent dinner prepared by committee members. We invited family members, friends and associates along with members. We had a monetary profit of \$371 and voted to split the monies between the World Convention and the World Service Office.

The real success however, it was in the planning, preparing and working together to spread the word that FAA works in the remission of our disease – food addiction.



California

To celebrate the 10th anniversary of our meeting, group #144 in Carlsbad, CA continued their custom of giving a gift instead of receiving one. We passed a special basket for donations and sent an extra \$224 to WSO. This anniversary donation is in addition to our regular quarterly 7th tradition donations. We also are planning a day of fellowship event for Southern California meetings on August 10th, 2013.

Getting Clever Feet

These tools in the FAA Literature start to build this relationship with a Power greater than me! That is one aspect of this recovery business that really moves me - the simple act of putting down the extra bite of vegetables, the extra piece of food is such an incredible simple way of surrendering again, and inviting my Higher Power in, yet at times it can be so hard to do. I guess that's where the combination of Will and Surrender comes in.

I know that the correct use of my Will is to firmly aim myself towards the food plan, and the other FAA tools. I have this repetitive thought that is starting to become louder, which says 'you still have a choice' just as I am reaching for an extra bite/ or walking into a shop I know I've picked up sugar in (these days I try to avoid a particular deli that I often picked up in)... if I find one part of my mind has begun explaining to me why it's a good idea to go to that particular shop, or just have one more tiny bit of a vegetable, the thought pops in... 'you still have a choice' and then the saying I hear at meetings comes to mind 'get clever feet' - these are the kind of feet that walk me away from dangerous places/shops/behaviors, so even whilst the addict part of my mind is saying 'yes but what about eating this or going there' my feet are quietly walking me in another more loving direction.

Thank God for the ongoing development of 'clever feet' and the kindness and generosity of other people in FAA sharing their experience.

A Newcomer from Ireland

“PLEASE ANNOUNCE AT MEETINGS”

21st Yearly

FAA WORLD CONVENTION



Together in Recovery

Celebrating 26 years of Food Addicts Anonymous

St. Pete Beach, FL

September 27 - 29, 2013

The **21st Annual World Convention** will be held in St. Pete Beach, Florida at the beautiful Dolphin Beach Resort located directly on the Gulf of Mexico. The yearly Food Addicts Anonymous convention provides wonderful fellowship and workshops with fun and laughter, listening to speakers and enjoying eating meals with other recovering food addicts. Newcomers have said they became abstinent that weekend after seeing how easy it is to follow the food plan.

The registration form will be coming soon to our website. Get your registration in on or before July 1st, to take advantage of the **Early Bird Package** - great savings!

Join us **Together in Recovery** as you continue to live a happy, useful life you have chosen with **FAA!**

For more information

Valerie (412) 805-4128

vmbu@comcast.net

Patty (561) 370-8576

brightsidefinancial@mail.com

Dolphin Beach Resort

4900 Gulf Blvd.

St. Pete Beach, FL 33706

(727) 360-7011

Call the Resort to make your reservation today!

Looking to Strengthen your abstinence by Giving service?

Service is a component of supporting your program and remaining abstinent. In addition, service allows you to contribute to the many ways FAA develops as an organization. If you are new to FAA, or have been in FAA awhile and desire to do service at the World Service Level, service on an FAA Committee is the best way to begin. The FAA committees submit their recommendations to the FAA Board. Most of these committees do much of their work by e-mail and/or phone meetings. There is no abstinence requirement to be on the committees. However, we ask that you come with a willingness to serve and an open mind to listen to each other's input. All committees are run with a group conscience. No one person, including the Chairperson has more votes than any other. Our committees can use more support. For a brief description of the function of each committee, please visit the FAA website.

Phone/Online Meeting Leaders

To volunteer to do service or for a list of available meeting days and times, please contact Paula in New York at: paulafilkins@hotmail.com.

Webmaster

"Do you want a challenge? Do you think of servers when someone says LAMP? FAA is looking for a webmaster. Responsibilities include web design, software upgrades, and performing backups. Experience in Javascript, PHP, Drupal, CSS and basic system administration desired.



Spanish Translator

The Literature Committee is looking for people to help edit the Spanish translation of the FAA Newcomers Booklet. Native speaking FAA members who can also check to see that the book is also written in the language of how we speak as food addicts. Spanish teachers who are also FAA members. Bi-Lingual speaking members of FAA. Any FAA members who understand or speak spanish. FAA members who are teachers of English as a foreign language (ESOL). Please contact Jewell in MD at: jewelleg@comcast.net.

Website Analytics

The FAA Board is looking for someone to analyze the monthly Google Analytic Reports and being proactive in figuring out ways to enhance the overall performance of the website. This individual will look at the sources of traffic and figure out ways to increase the ones that aren't working well. In addition, he or she will be looking at the places people spend most of their time on the FAA Website and ways to make it easier to get to those pages. If interested, forward your qualifications and contact information to: faawso@bellsouth.net.

Webmaster

"Do you want a challenge? Do you think of servers when someone says LAMP? Food Addicts Anonymous is looking for a webmaster. Responsibilities include web design, software upgrades, and performing backups. Experience in Javascript, PHP, Drupal, CSS and basic system administration desired. This is a paid position within the FAA organization. If interested, please forward your qualifications and compensation requirement to: faawso@bellsouth.net.

* * * * *

*For today, I ask God to keep me living fully in the present as I celebrate my abstinence in a new year.
(from "Food for the Soul")*

BOARD OF TRUSTEES FOR 2012/2013

The following members have agreed to serve you. They do not govern, they are “trusted servants.”
(Tradition Two) Please feel free to contact them to express any of your needs or concerns.

NAME	STATE	BOT POSITION	PHONE	EMAIL	PRIMARY COMMITTEE
Amie T.	IL	Co-Moderator	847-478-1762	03amie@gmail.com	-----
Dorene L.	NJ	Trustee	908-377-7939	dorenelevy1@comcast.net	By-Laws
Jewell E G.	MD	Trustee	301-762-6360	jewelleg@comcast.net	Literature
Libby V.	CA	Secretary	925-324-4746	libbyonalabel@aol.com	-----
Phyllis E.	NJ	Trustee	732-244-4324	31peckel@comcast.net	Office
Theresa K-B.	FL	Trustee	727-697-5931	thebusyblonde@hotmail.com	Public Information
Valerie B.	PA	Treasurer	412-805-4128	vmbu@comcast.net	Convention
Becky E.	TX	Parliamentarian			Parliamentarian

Editor Note: The following minutes are synopsis. Full minutes are on file at WSO upon request.

Minutes – FAA Board of Trustees January 20, 2013

Open with Serenity Prayer at 8:00 EST

Roll Call: All Board Members, Parliamentarian and Executive Assistant are present. Three visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

COMMITTEE REPORTS:

Co moderator: No report

Treasurer Report: Treasurer sent report to the Board for review. Received and documented the 2012 Convention overages of \$17,065.73. Donations were steady and literature sales were up. Credit card processing and telephone charges were over budget again. Payroll was over for this month but will level out next month. Phyllis commented that \$56,000 is in the money market account.

Convention Committee: At the time of this meeting there is no Chair for the Committee. Discussion on how to proceed as the By-laws state that Committee must have a Board member as Chair and the Chair gives the report. Group decided to have Co-Chair Patty give the Convention report as follows: The Committee is working on finalizing contract. Patty has been to hotel and has also looked at transportation issues. Registration is getting ready except for logo. Finalizing the budget. Next Meeting is 1/21/13. February 1, 2013 is goal date for on line registration. After the report was given, Jewell Elizabeth stepped up to be new Chair of convention committee. All approved.

Office Committee: 250 Green Books came in with a bad green color. Ordering new samples to get a better green. The office continues to work on the lawsuit from the 2009 convention. Need a co-editor for the abstinent times. The gold foil is no longer available for use on our chips and to switch vendors would require us to pay set up fees again. Committee voted to go with black foil since it is most cost effective. The new phone number will go in to effect on February 1, 2013. The new phone number is 772-878-9657 and Fax 772-878-9658. The old number will continue to work for 6 months. 2 applicants for webmaster job have been found. Office Committee will have a technical conference call with candidates and Kevin and Patty. Need to check on 3 bid for expenses over 1,000 dollars.

Literature Committee: Finalized the search for a 3rd step prayer. January 30th is the next meeting. Update on editing of translating Spanish packet. The original request was by a few Latino members about 6 years ago.

Ad Hoc Web Committee: Next Meeting is Feb 11 7:30 est. Group is editing phone meeting page to look more like the face to face meeting page.

PI Committee: Next meeting is February 6th at 10:00 pm EST.

By laws Committee: No report

Scheduling Next Meetings: Next meetings are February 17, March 17, and April 21, 2013 at 8:00 EST

NEW BUSINESS:

Motion: Made by Phyllis of the correspondence committee to approve and send the response letter to Bob. Seconded by Kelly. Passed and all vote yes.

Motion: Made by Dorene of the Correspondence Committee to approve and send the response letter to Denise. Seconded by Kelly Passed and all vote yes.

Motions: Made by Jewell Elizabeth to clarify a process that the Executive Committee has been involved in twice this past year. 4 motions were submitted. Jewell Elizabeth presented two motions before the meeting ended at 9:00 PM. These first two motions were not seconded. The full text and supporting information of the motions may be found in the agenda for the meeting.

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,
Libby V.

Minutes – FAA Board of Trustees February 17, 2013

Open with Serenity Prayer at 8:00 EST

Roll Call: All Board Members, Parliamentarian and Executive Assistant are present. Four visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

COMMITTEE REPORTS:

Co- moderator: No report

Executive Assistant: No Report

Treasurer Report: Treasurer needs to change December report. Paid phone in February. Additional expense this month for legal council \$2,000.00. Literature sales were up. On line literature was slightly up. Donations were up.

Convention Committee: Currently no chair and no report. Valerie volunteers to be Chair of the Convention Committee. Activities to plan for the Convention have been continuing. We will get a report next month.

Office Committee: Will be getting costs for indemnification for board members. 2 candidates for web master will have conference call with Patty and Kevin. Amie asks for Parliamentarian to look into do we need three bids for this job. A visitor asked about the development of the budget and is there a budget committee? It was answered that yes there is a budget committee. It is made up of board members and meets a few months before the budget is due. Next Office Committee meeting is March 11, 2013 at 4:00 est

Literature Committee: New issue concerning the literature in the newcomer packet titles "I express my motions directly". The Committee will be making a recommendation that it be removed. But not ready to make a motion at this meeting. Looking into if Judith C actually wrote it or not. Next Literature Committee meeting is on Feb 28th, 2013.

Minutes – FAA Board of Trustees

February 17, 2013 con't

Ad Hoc Web Committee: Next Meeting is Feb 18 7:30 est. Group is editing phone meeting page to look more like the face to face meeting page.

PI Committee: Next meeting is Wednesday March 1 at 10:00 pm EST.

By laws Committee: No report

Scheduling Next Meetings: Next meetings March 17th, April 21, and May 19th 2013 at 8:00 EST

NEW BUSINESS:

Motion: Jewell Elizabeth to clarify a process that the Executive Committee has been involved in twice this past year. 4 motions were originally submitted. The full text and supporting information of the motions may be found in the agenda for the meeting. 2 motions were presented at last meeting. The motions did not receive a second and did not proceed. Jewell Elizabeth presented the remaining two motions during this meeting (Motion 3 and 4). No one seconded the motions.

Motion: Phyllis of the correspondence committee to approve and send the response letter to Becky. The motion was read by Amie, seconded by Dorene. All voted in favor.

Motion: Phyllis of the Correspondence Committee to approve and send the response letter to Joe David. Motion was read by Phyllis, seconded by Valerie. All voted in favor. Both letters will be sent.

Correspondence Committee: Phyllis gave an update on correspondence committee. Had 5 letters to respond to and one is left and will be addressed next meeting. Jewell Elizabeth stated that she wrote a letter earlier and the committee rejected it. Dorene commented that the committee worked very well together and proud to be on committee. Phyllis, Dorene, and Amie on sub committee. Joe David asked if sub committees are supposed to have minutes? Parliamentarian will look into it. Valerie appreciated the work the Committee did. Phyllis and Amie commented that this is a committee of board members because the letters were written directly to the Board and it is a Board responsibility to answer the letters.

Other Discussion:

Note: There was extra time after the agenda items were addressed and moderator Amie opened the meeting to discussion. Vanita asked how many are on the board? We are seven. Vanita suggested getting the word out to encourage people to join the board. Joe David wanted to know the difference between open committees and board only committees. Someone on the Board responded that standing committees are open. Jewell Elizabeth asks if anyone has knowledge about the "I express my motions directly" literature. Phyllis supports the literature committee acting on the information that it has. Dorene commented to leave Judith alone. Some say to get permission from whoever has the copyright.

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,

Libby V.

Minutes - FAA Board Meeting

March 17th, 2013

Open with Serenity Prayer at 8:00 EST

Roll Call: All Board Members, Parliamentarian and Executive Assistant are present. Four visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

COMMITTEE REPORTS:

Co moderator: No report

Executive Assistant: No Report

Treasurer Report: Valerie gave report. Adjusted January report was finalized and sent out for last meeting. February report has not been received. Executive Assistant (EA) will send out tomorrow.

Convention Committee: Valerie is now the Chair and gave report and Patty is co chair. Committee has a theme, souvenir, treasurer, public awareness. All monies collected will be sent to WSO, including fund raisers. Contracts and menu negotiations with hotel going well. Program Committee is meeting on 1st Monday of the month at 7:00 PM est. Souvenir is a picnic blanket. Comment if the blanket is Made in the US. The souvenir committee will find out. Are we looking into insurance and contract issues. Update on insurance issue is being looked into with the attorney. The committee asks EA to make this a priority. EA is looking into buying additional insurance policy to cover office and conventions. Waiting on quotes. Ohio convention bought additional insurance for the convention and price was very reasonable. Guest questions: Can we use Ohio insurance contact.

Office Committee: Phyllis gave report. 5 library books sent out to Pa and Ohio. March 25 is expected date for menu planner delivery. Tuesday will have the webmaster conference call with Kevin and applicants. We need an editor for Abstinent Times. CA Lawsuit update: our attorney has not heard back from their attorney. A Board member asked for further information about the editor position for Abstinent Times, to consider for accepting this. EA described the editor position will be to obtain articles, help with format, and possibly revamp the newsletter overall. We need someone to take initiative for overall AT production. EA reported subscription is total 90-110 and we have to print 150. Some are also sold individually on the Internet. Some are also sold as PDF's. All meeting contacts and board members get a free copy.

Literature Committee: Jewell Elizabeth gave report. The current issue is the copyright issues concerning " I Express My Emotions Directly". They did not discuss any other issues at last meeting. Discussion started with what book was it found in and did anyone investigate getting permission to use for FAA to adapt it. Response was committee was not looking into getting permission. The committee decided to write a new one and not get permission to use the old one. Also asked if the committee still working on third step prayer. No they put that on hold. Ad Hoc Web Committee: Phyllis gave report. A guest asked about minutes being posted on the Web. This is not being done and needs further discussion. It was noted the next meeting is Monday, March 18, at 7:00 EST.

PI Committee: Kelley gave report. 5 green books went out to libraries and will continue that project. Working on how to get more meetings started. How to make an affordable meeting starter kit at little to no cost or send out free. Need money in the PI budget to do things. Thinks that the 500.00 went back into the general fund. Next meeting is April 3, 9:00 EST. A Board member clarified that the 500.00 in 2011 was never put back into the General Fund. It's been carried over every year. Another Board member said it was a one time 500.00 allocation to be used for anything. Since that time, a new motion was made that all committees need to state a time limit in their motion.

By laws Committee: Dorene gave report. Next meeting date is March 25th. All are invited to attend. A visitor asked if there is an agenda. Committee will make one and send it out.

Scheduling Next Meetings: Next meetings April 21, May 19th, and June 23rd, 2013 at 8:00 EST

MOTIONS:

Motion: Dorene of the correspondence committee to approve and send the response letter to Sharon C. All voted in favor. Motion passed and the letter will be sent.

Motion: Phyllis for Ad Hoc Web Site Committee. This is a motion to add a new first paragraph (the disclaimer statement from the face to face meeting page) on the phone meeting list page on the FAA Web Site. Valerie seconded. All voted in favor. Motion passed.

Motion: Libby for Ad Hoc Web Site Committee. This is a motion to add the Board Meeting Agenda to the web site. Valerie seconded. All voted in favor. Motion passed.

**FAA FINANCIAL REPORT
JULY 1, 2012 - FEBRUARY 28, 2013
2012-2013 FISCAL YEAR**

INCOME

Convention Income	17,065.73
Donations	15,286.04
Literature Sales	30,007.47
Newsletter	405.00
Postage Income	4,131.37
Interest	26.77
<u>TOTAL INCOME.</u>	<u>66,922.38</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	61.25
Credit Card Processing	736.87
Education	0.00
Insurance	524.52
Legal Counsel	2,000.00
Literature	4,767.40
Office Expenses	1,443.08
Office Rent	3,400.00
PayPal Costs	1,037.14
Payroll	27,646.00
Postage	3,104.62
Telephone	2,071.20
Travel (Convention Expenses)	892.97
Website Assistance	600.00
<u>TOTAL EXPENSES</u>	<u>48,635.05</u>

NET INCOME/(LOSS) **18,287.33**

PRUDENT RESERVE **56,006.37**

Our Fellowship Needs Support

For the last few months expenses have exceeded income by the monthly budgeted figures. With this in mind our organization needs your help and financial support to continue carrying the message to the food addict who still suffers.

The Seventh Tradition states “that we are self supporting through our own contributions”. Being self supporting is a service of spiritual strength and self-respect. Also, making a contribution is helpful and healing to all involved.

It is the responsibility of us all to contribute to our Home Group, Phone Meetings and the World Service Office. “For today, let our HP help us to do our part in helping to carry the message to the newcomer.”

Phyllis E., Treasurer of the World Service Board

7th TRADITION IN ACTION

Since December 1, 2012, these groups, Intergroups, and individuals have sent in their financial support to the FAA World Service Office. We thank them for their generosity.

GROUPS

12/1/2012-11/30/2013

State	Group Info	12/1 to 2/28	YTD
AZ	#9950; Tucson	225.00	225.00
CA	#144; Carlsbad	324.00	324.00
CA	#05/12; Santa Ana	25.00	25.00
CA	#05/13; San Diego	14.00	14.00
CA	#05/14; Solvang	31.00	31.00
FL	#364; Jacksonville	75.00	75.00
FL	#000; Port Orange	20.00	20.00
FL	#000; Pinellas Park	124.25	124.25
FL	#9354; Pompano Bch	200.00	200.00
MD	#9922; Rockville	750.00	750.00
NM	#303; Silver City	38.00	38.00
PA	#470; Mountainville	45.00	45.00
PA	#483; Elkins Park	88.00	88.00

**INTERGROUPS, INTERNATIONAL
& INDIVIDUALS**

12/1/2012-11/30/2013

Group	12/1 to 2/28	YTD
Florida Intergroup	2,000.00	2,000.00
Cyberspace	973.00	973.00
Individuals	2,662.41	2,662.41

GIVING BACK

Donations are vital to the ongoing operations of the FAA World Service Office located in Port Saint Lucie, Florida. If you would like to set up to have a certain amount automatically deducted from your credit card each month, please call the World Service Office at (772) 878-9657 today to make arrangements. We need your contributions and thank you for all your continued support and generosity.

FAA World Service Office

Ask Abstinent Annie

Dear Abstinent Annie:

My sponsor recently told me to avoid the BLT's, the bites, licks and tastes when preparing food. This sounded kinda extreme to me, what are your views?

Bewildered Betty

Dear Betty:

Great question! Let me just say from my own experience, that BLT's lead to trouble. Probably the voice of your disease is saying, "Come on, we don't have to be fanatics!.....what's one little bite?" In my case, one extra bite led to a binge. At the time, the voice of my disease assured me it was going to just be one bite....wrong!

As a food addict, I have to be vigilant around food, even the smallest amount can open the door to addictive eating for me. That is why we weigh and measure, because that structure works. When I am preparing or handling food, I wash my hands immediately, so that I won't accidentally or consciously put any extra food in my mouth.

Many people have shared that their relapse began very gradually with extra food. Guard your abstinence, it is so precious.

Wishing you the joy of continued abstinence,
Abstinent Annie

Abstinent Annie is not a professional therapist.
She is simply another food addict who is passionate
about FAA and has 6+ years of abstinence,
One Day at a Time.



CONGRATULATIONS!!!

FOR CONTINUOUS FAA ABSTINENCE

Linda	TN	15yr
Amie	OR	8yr
Jewell	MD	7yr
Lynn	CA	6yr
Bunny	CA	3yr
Linda	CA	3yr
Chandra	CA	2yr
Debra	OR	2yr
Vanita	CA	2yr
Charles	CA	1yr
Sandy	CA	1yr

If you would like your FAA abstinent anniversary date listed please contact Patty at faawso@bellsouth.net

GIVE YOURSELF THE GIFT OF ABSTINENCE

"The Abstinent Times"

Subscribe now to the FAA Quarterly Newsletter
to stay current on what's going on in FAA

Food Addicts Anonymous
529 NW Prima Vista Blvd., #301A
Port St. Lucie, FL 34983

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

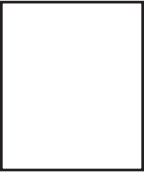
Master/Visa# _____

Expires _____ Last 3 digits on back of card _____

One Year (4 Issues) \$12 _____ Two Year (8 Issues) \$22 _____

KEEP UP THE GOOD WORK!

TO: CURRENT RESIDENT/OR



From:
529 NW Prima Vista Blvd., #301A
Port St. Lucie, Florida 34983

**“For today, I let God guide me as
I review my thoughts and actions.”**

-Food for the Soul